



Family Workshops April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Storytime - Español</u> For Parents & Their Children •10:00 am West South Bend on LincolnWay</p> <p><u>Parenting Class</u> •1:00pm West South Bend on LincolnWay</p> <p><u>Parenting Class</u> •5:00pm – Notre Dame Ave •6:00pm – Notre Dame Ave</p>	<p><u>Storytime</u> For Parents & Their Children •10:00 - Notre Dame Ave</p> <p><u>Nutrition Class</u> •6:00pm Mishawaka</p>	<p><u>Parenting Class</u> •11 am Mishawaka</p> <p><u>Mommy & Me Music</u> For Babies 0-12 months, Prewalkers •10:00 am West South Bend on LincolnWay</p> <p><u>New! Talk With Your Baby</u> •11:30 am West South Bend on LincolnWay</p> <p><u>Clases para Padres</u> •6:00pm - Notre Dame Ave</p> <p><u>Fortaleciendo a los Padres</u> •6:00pm - Notre Dame Ave</p>	<p><u>Newborn Class</u> •10:00 am West South Bend on LincolnWay</p> <p><u>1st Time Moms-to-Be</u> •2:00 West South Bend on LincolnWay</p> <p><u>Nutrition Class</u> •1:00pm - Notre Dame Ave</p> <p><u>Cuidado del Recien Nacido</u> •4:00pm West South Bend on LincolnWay</p> <p><u>Bumpology 101</u> •5:00pm - Notre Dame Ave</p> <p><u>Strong Fathers</u> •6:00pm - Notre Dame Ave.</p>	<p><u>Movers & Shakers</u> <u>Music Time</u> For Parents & Their Children •10:00am West South Bend on LincolnWay</p> <p><u>Español:</u> <u>Clase de Nutrición</u> •11:30 am West South Bend on LincolnWay</p> <p><u>Cuidado Prenatal</u> •1:00pm Mishawaka</p>

Parenting Class Topics:

- April 1 – 5: Raising Resilient Kids • Niños resilientes
- April 8 – 12: How to Encourage • Como animar a los niños
- April 15 – 19: Developmental Milestones: 4-5 Years • Hitos del desarrollo: 4 –5 años
- April 22 – 26: Baby Sign Language • Lenguaje de Señas para Bebés
- April 29 – May 3: Nurturing Bath Time Routines • Nutrir la Rutina de la Hora del Baño

First Time Mom Classes

Thursdays 2:00 at West South Bend

An intimate setting where you can learn and share with other moms.

Eligible moms who attend 12 or more 1st Time Moms classes earn a free car seat or pack n play!

Bumpology 101

Thursdays 5:00pm on Notre Dame Ave.

This 13 week series about pregnancy is open to moms and dads. Bonus items will be offered at each class!

- April 4: What is Prenatal Care?
- April 11: Trimester Development
- April 18: Healthy Pregnancy
- April 25: Labor & Delivery

360 N. Notre Dame Ave., South Bend • 574-234-0363 • Crib Club Store Hours: **T:** 11:00am-12:00pm **Th:** 2:00-3:00pm
 3530 Lincoln Way West, South Bend • 574-234-0403 • Crib Club Store Hours: **M, Th,** 2:00-3:00pm, **F:** 12:00-1:00pm
 607 Lincolnway West, Mishawaka • 574-252-3680 • Crib Club Store Hours: **W:** 11:00am-2:00pm
www.womenscarecenter.org

Class availability and topics subject to change. Mothers and fathers may attend one “regular” class per week and as many “special” classes (i.e. Newborn Class, 1st Time Moms, etc) as they like/qualify for as many weeks as they like. Each parent earns diapers and a Crib Club Coupon for each class they attend. **Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives**